

You Never Saw a Rabbit Wearing Glasses

Everyone knows that carrots are good for your eyes. There is something about the amount of carotenoids in carrots that are supposed to help your vision. Recently, an advertisement for a nutritional supplement to help your eyesight came in the mail. In an effort to extol the benefits and the potency of their supplement, they said that to get the equivalent of four of their capsules, the daily requirement, you would have to eat either 384 baby carrots, 87 tomatoes, 7 cups of Brussels sprouts, 10 cups of romaine lettuce, or 41 cups of orange juice. (I think any kid would prefer corrective glasses over 7 cups of Brussels sprouts a day!) What is the significance of this information? Well, it may be that God designed our bodies to need the equivalent of 384 carrots a day. That would be like designing an automobile with a gas tank of one-quart capacity. You would have to stop every five miles to fill the tank. Gratefully, God is much smarter than the automobile manufacturers in Detroit. We cannot possibly HAVE to eat 384 carrots to get our nutritional requirements.

So why do the nutritional supplement manufacturers make their capsule so potent? Apparently they think that we need that much potency. More than likely, they notice that people who eat an average amount of carrots in a day still have vision problems which means normally and naturally we cannot possibly eat enough to meet our nutritional needs. All kidding aside, it is impossible to eat that many carrots or tomatoes. I might be able to down 2 ½ gallons of orange juice in a 24-hour period. In fact, I may have done something like that on a dare as a teenager. But there is no way anyone could drink 41 cups day after day.

Perhaps there is a more significant problem, one that not only affects the need for carrots but relates to every other nutritional problem we have. It may very well be that our problem is a failure or a diminished ability to absorb the nutrients that we eat. After all, we are not what we eat. We are what our body does with what we eat. If our ability to absorb the nutrients we put into our bodies is decreased, then even good nutritional food is not going to supply our needs. If the supplement industry is filling a need, it may be the need is not inadequate food but inadequate digestive function. Their solution is to give us more and more nutrients, much more than we normally need. They figure that the more you get, the more you will absorb. It is like watering your lawn on a hot, dry sunny day. You need to use more water because much of it is going to be lost to evaporation. Ideally, you should water your lawn in the early morning when the greatest amount of absorption using the least amount of water can occur. When it comes to nutrition, whether you are taking supplements or not, the best thing to do is to make sure the lining of your digestive tract is as healthy as it can be so that it can absorb as much good nutrition as possible from your carrots, your carotenoid supplement, your orange juice or even your Big Mac with lettuce and tomato.

Chiropractic is intended to keep your entire body, including your digestive system, functioning at its maximum potential by removing interference in the nerve system that may reduce digestive function, as well as every other function. Keep your spine

subluxation free and perhaps you can eat 382 less carrots every day or only take one supplement instead of four.